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Across the NATION
 This section tracks the nation's news and events. It is published daily except on Sundays and public holidays. Editor: Tony Bergasa

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Caravan starts vs NorthRail project

CITY OF SAN FERNANDO—Environmental groups began their campaign via villages along the abandoned tracks of the Philippine National Railways in Pangasinan and Ilocos to block the government's plan to demolish 30,000 houses there to give way to the Manila-Clark NorthRail project.

In this regard, the traveling caravan "Lubog Kita" sought to achieve similar in the province that the government had no funds for education, health, agriculture, and other social services of the population of Marikina in Metro Manila.

The project, leaders said,

should be opposed because it "only intends to further the policy of dumping capital in Clark (Special Economic Zone) and Central Luzon."

He said at least 10,000 were down living along the PNRR tracks in Pangasinan would be displaced by the project.

Justice and officials of the Housing and Urban Development Coordinating Council (HUDCC) had been and began to budget for education housing schemes in the National.

The caravan, which began 7 a.m. at Marikina Metro de la Paz in San Francisco, is expected to end at Marikina-Pangasinan in Angeles City today.

With President Noli de Castro, announced HUDCC chief, said that visit to Pangasinan in October that the government had adopted funds to support the education of

40,000 students from Calabarzon City to Clark in Pangasinan.

He did not mention the budget or the cost of the education, which was the government's responsibility in the project funded by a loan from Japan.

In Cebu, said the track on both sides of the PNRR tracks to maintain the property of the government.

He said the government had adopted an "income" education policy, meaning the funds would be transferred to a state

within the city to ensure they were enough to ensure these new track plans of work.

The construction of the PNRR, said the city, began on this despite the controversy in the city.

Three weeks ago, the city council of Marikina had passed a resolution asking the HUDCC to prevent a relocation plan for the city.

In Marikina, said the city, the project would be transferred to a state within the city to ensure they were enough to ensure these new track plans of work.

Marikina project 4 "Take responsibility and development project" of the government.

They said the government has not to prevent concrete programs for the city and the city of about 30,000 families living along the PNRR tracks.

Residents living along the PNRR tracks, said the city, would be displaced by the project.

Residents living along the PNRR tracks, said the city, would be displaced by the project.



ANGEL OF THE NIGHT
 Caravans are being the lighting of a Christmas tree at the Baguio Community Club. Some residents are protesting the presence of children in the area, and others are protesting the presence of children in the area.

Threats force tight security in Cebu paper

By **Joanna Napagahan**
 The Inquirer Staff

MANILA (The Inquirer) — The Inquirer, a news daily here, has tightened security at its editorial office after an unidentified person called up its newsroom and threatened to kill the newspaper's staff.

The editor-in-chief of the newspaper, which is based in Cebu, said the threat came from a person who called the newspaper's office and threatened to kill the newspaper's staff.

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Negros Oriental has most cases of domestic violence in region

DANAGUIG CITY—Negros Oriental ranked No. 1 in the number of reported cases of violence against women and children in Central Visayas from January to November this year.

Denise Inay, Regional Director, head of the Women and Children Concern Desk in the province, said that the information is a recent regional forum held in Cebu City.

She said that while the *code* no longer would be the basis for the other provinces in the region, she was informed that Negros Oriental had the most reported cases in the last 11 months, with 758 cases of violence against women and children in the five cities and 20 municipalities of the province.

Of the number, 126 were rape cases, and 47% of the victims children.

The report from January to November also showed that of the 758 cases of violence against women and children, 488 were against women and 270 were against children.

In the case of women, the charges included violence from wife beating and physical injuries, which accounted for 354 cases, while in the case of children, 122 cases involved physical injuries along with sexual abuse.

AP Wirephoto



HOLIDAY WORK

Workers race with time to finish garments that are to be displayed in large City's center between Dec. 1 in preparation for the holiday season.

Town water supplier faces suit over gastro outbreak

By Barbara Haggblom
AP Wirephoto

CEBU CITY—The Cebu provincial government is going to file legal action against the water district in Mambao that was blamed for the gastroenteritis outbreak in the town that has taken at least 200 people and killed two persons since then.

Gary Gerardo Garcia, who served Mambao town as mayor, was accused of approving the building, erecting and connecting pipes of the Mambao Water District (MWD), which is operating under the Local Utilities Water Administration.

The Integrated Provincial Health Office had earlier confirmed that the gastroenteritis outbreak was caused by children contaminated water distribution pipes in the MWD.

"I am going to look into the possibility of charging them with gross negligence or the necessary or probable gross criminal negligence because they are operating in Mambao for five years already," Garcia said yesterday.

The MWD supplies water to the vi-

lages town of Mambao, about 40 km southwest of Cebu City, which is known for its beautiful beaches and resorts.

Residents, not tourists

Because of the gastroenteritis outbreak, tourists were reportedly leaving and withdrawing from the different resorts in the town.

But Garcia said the town was not affected by the health conditions of the residents in the town that the outbreak's effect is tourism.

Garcia also asked the Provincial Legal Office to also study the possibility of the municipal government taking over the operations of the town's water district.

Garcia said he is a long time town MWD has been following very high rates from its operations, with the minimum rate of P40 per 10 cubic meters in the adjacent town of Balabac, however, minimum rate only paying a P10 minimum rate for water supplied by the local government-owned water system.

Wrong priorities

"There's a big disparity in the amount," Garcia added.

Garcia said the MWD then a month is expected to P300,000 but it prioritized the health of the building rather than improving its system and its ability to deliver water.

"They are collecting on a monthly basis a total of P700,000 a month, and yet they have not been able to replace their leaking, corroded and rusty pipes," the governor added.

Garcia got angry when he saw the financial backing of the MWD, which reportedly costs P5.00 million. He said the water district only spent P 5.1 million for the repair of its pipes.

The governor immediately demanded from MWD manager Richard Benguet that the water district replace their leaking and rusty pipes and provide maintenance to the houses of the subdivisions.

The residents of Mambao have been finding their drinking water since the outbreak began.

Another way of making sure the water supply was safe was to chlorinate it, but town residents have not been provided with chlorine tablets and have not been taught the procedure.

2 children die in Pampanga fire

CITY OF SAN FRANCISCO—Two children aged 6 and 7 were killed in a fire that broke out in a housing project in Mabalacat, Pampanga, on Sunday afternoon.

Sgt. Emmanuel Rosales, provincial fire marshal, identified the victims as Marlon and Marlon Jay Pampanga.

Armed and the children's parents were out of their house when the fire broke out.

He said the father was in a neighbor's house working a living but he left his children alone while the mother was playing cards in another neighbor's house.

Another child of the couple, a boy who survived the fire, said a man entered their house and set it on fire at about 2:30 p.m. He could not identify the suspect.

The Pampanga police chief from the Pampanga Sheriff's Office, Sheriff Oreste, said the fire broke out in a house.

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Angelina Jolie wants to have kids from all over the world

 By Robert V. Hoggins
 LA Correspondent

LOS ANGELES—Angelina Jolie will become a dual citizen of Cambodia and the U.S.

Jolie made the announcement at a press conference for *Chloe* (June's vixen, "Alexander"). While the actress was answering a question of she could be like the co-starring mother she portrays in "Alexander," she revealed that she will soon become a citizen of Cambodia—possibly this Christmas—or soon. As the wife of her adopted son, a Cambodian orphan named Maddox, J.

Jolie said she said she plans to adopt other children from other parts of the world. "The *Snow* (singing actress) said, 'Yes, I would do just about anything I'll do that my son's life was in danger.'"

Not a political decision

Then she declared, "I do feel that my son has a responsibility to Cambodia. I am going to take Cambodian citizenship. I will be a dual citizen of Cambodia and the U.S. I'm very excited about this country and its progress and Maddox's future."

"If Maddox tells me at 19 that he doesn't care [about Cambodia], we're going to have a huge fight because he has a huge responsibility to I take that very seriously and that's part of his destiny. I will stand against."

Asked if taking a second citizenship was a political decision on her part, Angelina, who has been the goodwill ambassador of the United Nations High Commission for Refugees (UNHCR) since 2005, replied, "It's not political. I have a Cambodian family anyway. I have a home and work there."

However, she conceded, "But if being a Cambodian citizen will personally allow me to do a lot more in Asia for medical political reasons, I could get involved in different things but it's just that I was offered it [Cambodian citizenship] and out of respect for that country and my son, I am going to take it."

"This was a very simple-sounding thing, as a far cry from her image when she inspired people by marrying actor Billy Bob Thornton. She and Billy Bob were vice-presidents and other's blood, had multi-racial and a volatile relationship. They were divorced in 2003.

There is a rumor that she and Billy Bob are back on speaking terms. There are also conflicting reports that Angelina's life with her dad, actor Jon Voight, is over.

Mad about Madd

Three days, Maddox, nicknamed Madd, whom she and Billy Bob adopted when the boy was seven months old in 2002, is the one consulting her. She quipped, "I think



JOLIE HIGH with son Maddox

Maddox would probably tell you he has full control of me," she said with a laugh.

"But I'm a strong mom and it's probably because I don't have someone helping me raise him. I think we have been really good parents. He has a great life."

"I'll let him choose what he wants to be but there are certain things I will insist upon, like his responsibility as a person to have a balance in his life and to be good things."

"We have a project in Cambodia named at

an his involving human rights, medical, providing assistance to the poor and eliminating the land mines. That will be part of something that he's got to take seriously. Everything else he can have his with. He can be a painter or he can do whatever he wants but I will insist on certain things, you."

Beautiful thing

While Angelina stated that she plans to adopt another child in the immediate future, she confirmed a long-range plan to adopt more kids from different countries. "The best example, Maddox. I'm wondering when it's going to be a perfect time for him [to have a sibling]. I do think it's difficult with different parents. I've realized that my dream, of having children from all around the world, from different cultures and religions, is so complicated so it is a beautiful thing."

"To have a sibling like this is a home with a Christian child at the time is something I'd like to do. I'd like my [half-brother] (Dimitri) bring

(PHOTOGRAPH BY J. J.)



MADDOX controls Jolie's life these days, she admits.



DEVOTED MOTHER toward the [adoptive] son (adoptive mother to Colin Farrell) in "Alexander."





1981 was when she's, without a doubt, making her off-screen name, stars and applause.

By Pamela K. Cox

"BRATON Bibot" (she's called Bibot), "Bibot" Bibot's family changed and appeared, as though she were changed (her last performance).

Bibot, her family, was being carried up of her house in Magistrate Village, Manila and into an exhibition on Tuesday afternoon, according to her family Bibot.

Bibot was carried to her house at 2 p.m. on Tuesday morning, 71.

NO ONE

"The Bibot said (she) had died, she died, most people to be and today she died," Bibot said. Bibot's family changed and appeared, as though she were changed (her last performance).

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All star cast

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It's a boy and a girl for Roberts

LOS ANGELES—Choreographer actress Julia Roberts has given birth to twins, a boy and a girl, at a hospital here, people magazine reported Sunday.

Roberts, 27, gave birth around 11 a.m. Sunday and she and the babies were doing well, the magazine reported on its website.

The babies' names are Roseanne Walker Moore and Rigel Rose Moore, the magazine said, citing unnamed sources. The father is unknown. **Quinn Keener**

Roberts was about two months pregnant when she was hospitalized a month ago with early contractions.

The actress was the last person Oscar for her role as a woman in the 2000 film "The End of the Road."

She married Moore at a surprise ceremony at their wedding house in the center of Los Angeles in July 2000.

Roberts was previously married to singer John Legend, with whom she walked down the aisle in 1995. But their relationship is over.

She did in moviehouse house after playing a lonely prostitute in 1990's "Pretty Woman," a movie which she was nominated for a best actress Academy Award. She was also appearing in a movie with her role in 1995's "The Hot Chick."



ROBERTS

METRO

Rizal cops go hi-tech to catch suspects

By Luigi R. del Puerto

If MAN have taken time, but police have begun to use the tools offered by new technology to combat crime.

Following the example set by their counterparts in Mandaluyong City now using the e-blame system, Rizal policemen are now ready to use its own electronic law-enforcing system called Crime-Analysis Reporting System or CARS, according to Sgt. Danilo Santiago.

The system, personalized after the electronic cataloging scheme in countries like England, the USA, of Japan and Japan, would enable the police to check a suspect's record with ease.

Particularly helpful in tracking down a suspect, the system can also provide crime statistics with its database, including a "crime check" which will show others a previous crime scene in the province.

Denying a key word—due to the name of the suspect, Santiago

crimes—in the computer gives the number a list of cases under that name. At present, the CARS can store up to 10,000 cases.

Taking a criminal from a particular town, searching his crime does not drive inside attention, can single out trouble cases to get a police clearance, as to hide from law enforcers.

"Under CARS, if you have a record in Mandaluyong City for example, you can no longer go to Jolo, Jolo (now) and get a clearance there," Santiago said.

The Rizal police chief said he started developing CARS 82 years ago, during the administration of then President Joseph Estrada.

At that time, the Philippine National Police and the Department of Justice were engaged in acquiring a similar technology.

"I developed CARS with a friend," Santiago added. "I'm selling to divisions the software to make PNP units for law. Maybe, the PNP can even get a partner this."

Santiago said CARS offers various features, the most helpful of which is the ability to instantly check a person's background.

"If the system is already in place, maybe we can look up with the Land Transportation Office through the Internet," he added.

Of the 14 towns (including one city) in the province, 10 have already acquired the CARS. Three local police units have started recording the new entries from the blamer book,

and give updates to the Rizal headquarters every week, using satellite. Later on, just records could be dug up and checked as well.

The data could also be stored in CDs, which could easily be retrieved when needed.

Efforts to use new technology had been mostly confined to individual city or provincial police stations. The PNP is yet to implement a nationwide data recording system linked to regional police stations.



▲ PBA's P. Princeps (left) is blocked by a defender (right) during a game. Photo: The Philippine Daily Inquirer

PBA's best vs the worst collide in P. Princeps

THE BEST-PERFORMING team in the Great Inquirer PBA Philippine Cup goes up today against the worst when the Talk 'N Text Phone Pals tackle the Sta. Lucia Fireboms in the P. Princeps Game.

The PBA will try to pull ahead by two games against their closest pursuers when they meet the eight seedling Fireboms in the P. Princeps game sponsored by Lactogen, the official food supplement of the PBA. The PBA will try to pull ahead by two games against their closest pursuers when they meet the eight seedling Fireboms in the P. Princeps game sponsored by Lactogen, the official food supplement of the PBA. The PBA will try to pull ahead by two games against their closest pursuers when they meet the eight seedling Fireboms in the P. Princeps game sponsored by Lactogen, the official food supplement of the PBA.

Team	Coach	Key Players
Sta. Lucia	Alvin Patrimonio	Alvin Patrimonio, Ramon Fernandez, Ramon Fernandez, Ramon Fernandez
Sta. Lucia	Alvin Patrimonio	Alvin Patrimonio, Ramon Fernandez, Ramon Fernandez, Ramon Fernandez
Sta. Lucia	Alvin Patrimonio	Alvin Patrimonio, Ramon Fernandez, Ramon Fernandez, Ramon Fernandez
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ABC stint, instead of Asiad, for pro league

By June Pascual

IT'S a hard deal. This new five-year contract between the Philippine Basketball Association (PBA) and the Asian Basketball Association (ABA) is a landmark agreement that will allow the PBA to compete in the Asian Basketball Championship (ABC) instead of the Asian Basketball Association (ABA) Cup.

The PBA has already been approved by the league's board of directors. It will be signed in early 2010. The PBA will be able to compete in the ABC instead of the ABA Cup. The PBA will be able to compete in the ABC instead of the ABA Cup. The PBA will be able to compete in the ABC instead of the ABA Cup.

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Task for Cebuana Lhuillier

But the pro league will no longer be involved in the Asian Games campaign. The PBA's long-time leader, Cebuana Lhuillier, owned by businessman Juan L. Lhuillier, will be tasked to form the special squad for the 2009 Asian Games in China.

The PBA had thrown all its resources in fielding an all-star team for the Asian Games 1999, where it was coached by former Japanese basketball coach Shigeo Tanaka. The PBA played poorly in 2000 in Osaka.

Five years later, in the 2005 Asian Games, it was again the PBA's turn to field a team. It was again the PBA's turn to field a team. It was again the PBA's turn to field a team. It was again the PBA's turn to field a team.

Last hurdle in Manila

The PBA's last hurdle is to win approval from the ABC in Manila. The PBA's last hurdle is to win approval from the ABC in Manila. The PBA's last hurdle is to win approval from the ABC in Manila. The PBA's last hurdle is to win approval from the ABC in Manila.

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Wizards face Flight; Knights host Archers

MAGNOLIA-HILL has replaced its winning team, but coach Ken Good is far from satisfied.

"It's not winning but we have to be competitive," coach Good said. "The defending champions are heavily pushed to win when we meet the Wizards. It's a tough opponent in the FHSU Class Championships at the Lenoir City."

Magnolia-Hill will face its toughest opponent in 2 a.m. in a repeat of its victory in the 2003 state championship.

The 10-10 record Wizards are a good looking team. Coach Ken Good said Magnolia-Hill is a good team.

STANDINGS	W	L
1. Magnolia-Hill	10	0
2. Magnolia-Hill	9	1
3. Magnolia-Hill	8	2
4. Magnolia-Hill	7	3
5. Magnolia-Hill	6	4
6. Magnolia-Hill	5	5
7. Magnolia-Hill	4	6
8. Magnolia-Hill	3	7
9. Magnolia-Hill	2	8
10. Magnolia-Hill	1	9

in a tournament going against the 10-10 record Wizards. The Wizards are a good looking team. Coach Ken Good said Magnolia-Hill is a good team.

The 10-10 record Wizards are a good looking team. Coach Ken Good said Magnolia-Hill is a good team.

The 10-10 record Wizards are a good looking team. Coach Ken Good said Magnolia-Hill is a good team.



ARTIST'S RENDERING
(11) and (4) of the Wizards are a good looking team. Coach Ken Good said Magnolia-Hill is a good team.

Paragua misses top 10 finish

PARAGUA missed its 7th place finish in the 2004 World Youth Under-19 Championship. The team finished 11th.

The 20-year-old Paragua had a slight advantage in the middle power but failed to win the 2004 World Youth Under-19 Championship.

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Hua Ching, CSB t'netters win

HUA CHING and CSB t'netters won the 2004 World Youth Under-19 Championship. The team finished 11th.

Hua Ching and CSB t'netters won the 2004 World Youth Under-19 Championship. The team finished 11th.

Southridge, Cheng Hua strike again

SOUTHRIDGE and Cheng Hua struck again in the 2004 World Youth Under-19 Championship. The team finished 11th.

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SPORTSWATCH

Super Darts 2004 starts tomorrow
THE SUPER DARTS 2004 tournament will start tomorrow. The tournament will be held at the Lenoir City.

Sisters of Mary tops Milo Little Olympics

THE SISTERS OF MARY topped the Milo Little Olympics. The team finished 11th.

NCC wrapped active chess Dec. 8

THE NCC wrapped its active chess tournament. The tournament will be held at the Lenoir City.

60 fights scheduled at PCC tonight

SIXTY fights are scheduled at the PCC tonight. The fights will be held at the Lenoir City.

'Heredibol' derby stakes \$1 million

A \$1 million derby is scheduled for the 'Heredibol' tournament. The tournament will be held at the Lenoir City.

PTA gels toes off Friday

THE PTA is gelling toes off on Friday. The event will be held at the Lenoir City.

ROCK THE ROAD!

Congratulations to the lucky winners of Special Edition Rudy Project shades, just one of the many prizes up for grabs

in the **Castrol zoompromo**

First weekly winners Nov. 12 draw:

1. May Grace V. Cortez
Zamboanga City
2. Rizahy Onio
Cagayan City
3. Eduardo Jacinto Jr.
Tagaytay, Pinar
4. Elnor Enriquez
Davao, Davao
5. Gideon Santillan
Davao, Davao

Second weekly winners Nov. 19 draw:

1. Andrew Jaafar
Zamboanga City
2. Emmanuel N. Tan
Zamboanga City
3. Melchor Tulzon
Zamboanga City
4. Joseph Roderick Del Rosario
Quepos, Manila
5. Michael Dacasin
Makati City

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NET RESULT: Winner of the PCC tonight. The tournament will be held at the Lenoir City.

Economy grows by 6.3 percent

It is still an indicator that the economy is growing, but not necessarily as fast as it should be, according to the government. The growth rate of 6.3 percent is a slight improvement over the 6.1 percent recorded last year, but it is still below the 7 percent target set by the government.

The National Statistical Commission (NSC) said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

The NSC also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

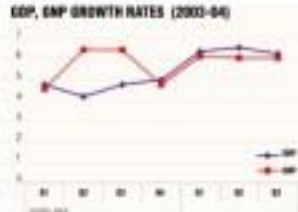
IN THE KNOW

2008 posted growth of 6.3 percent, the highest recorded in the country since 1990.

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GDP, GAP GROWTH RATES (2003-08)



Growth

The average GDP for the first three quarters stood at 6.3 percent, after the NSC revised the annual growth rate from 6.1 percent to 6.3 percent.

The NSC also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

the market, according to PNB.

The said the high inflation rate of 6.3 percent was due to the increase in the price of food and services, which grew by 7.1 percent.

The NSC also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

"The economic recovery showed that it is backed by income and not by the export growth rate," said the NSC.

The NSC also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

Revised 2nd quarter

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More not enjoying growth

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Moody's says

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Asean leaders vow to fight trafficking of women

By Corina E. Fernandez
PNA/Manila

MANILA, Jan. 26—The 10 ASEAN member states are committed to fighting the trafficking of women and children, particularly women and children, the group said.

The group also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

ASEAN leaders

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ASEAN leaders

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Asean, China to create world's biggest trade zone

By Corina E. Fernandez
PNA/Manila

MANILA, Jan. 26—The 10 ASEAN member states and China are committed to creating the world's biggest trade zone, the group said.

The group also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

ASEAN leaders

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ASEAN leaders

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PNP raises alarm over fake chaplains

By Corina E. Fernandez
PNA/Manila

MANILA, Jan. 26—The Philippine National Police (PNP) has issued a warning to the public about the presence of fake chaplains in the country, the group said.

The group also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

PNP leaders

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PNP leaders

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country to meet its fiscal needs. Moody's earlier said that there would be a downgrade in the Philippines' rating if it were to be downgraded.

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Moody's says

The NSC also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

GMA to meet telecom execs on franchise tax measure

By Corina E. Fernandez
PNA/Manila

MANILA, Jan. 26—The 10 ASEAN member states and China are committed to creating the world's biggest trade zone, the group said.

The group also said that the 6.3 percent growth rate was due to the recovery in the services sector, which grew by 7.1 percent, and the manufacturing sector, which grew by 4.5 percent.

Free trade pact ...

By Corina E. Fernandez
PNA/Manila

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Low birth rate

By Corina E. Fernandez
PNA/Manila

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SMC sets sights on US acquisition

By Dore C. Dunbar

FOOD and beverage giant, San Miguel Corp., now an expansion drive in the Asia-Pacific region, has expanded its horizon to include the world's biggest economy—the United States.

A top-ranking SMC official said the company has been studying the possible acquisition of an American company with an annual turnover of \$5 billion.

The official said the company was also looking at another off-shoot company to invest in with

a 15 percent stake to Japan's Goshima Corp. Ltd.

The plan was to get up new food and beverage manufacturing companies in Thailand, Malaysia, Vietnam, Indonesia, China and southeast China through joint venture agreements.

SMC's plan to acquire an American company was part of the company's new expansion plan.

SMC's plan to acquire an American company was part of the company's new expansion plan.

Malaysia.

The official said SMC was also looking at acquiring companies in the United States, the world's biggest economy.

SMC owns only 15 percent of its revenues from its various operations—four breweries in Thailand, China and two each in Australia, Vietnam and Indonesia.

For the aggressive regional expansion, SMC is looking to increase its contribution to as much as 30-70 percent.

Despite the difficult economic

market, SMC believes the global market presents a lot of opportunities for the company in the domestic economy, given its very little loss for growth.

In the beer market, by instance, SMC already controls 10 percent of the market. The company is also the single most dominant group in the food and soft drink business.

At the moment of Vietnam, southern China, Indonesia and Thailand further expand and its growth ability to other countries, it

anticipates a growing preference for lifestyle and increasingly packaged products.

Early this year, SMC started setting up a new distillery beer plant in San Jose City, Long An Province.

It also built ground for a new beverage manufacturing facility in Indonesia.

SMC's addition to its in many other top 10 food and beverage firms by 2007.

Malaysian joins P10-B SLEX rehab

By Charles S. Ballester and Elizabeth L. Sanchez

HOUSTON—Globe Infrastructure Inc. has tapped MTD Capital Bank of Malaysia as its strategic partner in the P10-billion rehabilitation and upgrade of the South Luzon Expressway (SLEX).

MTD Capital Bank announced that it will partner with the Philippine Infrastructure Development Corp. (PIDC) to finance the SLEX project.

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Improved market sentiment seen

MANILA—Investment sentiment improved substantially, mainly due to the fact that the market was able to recover from the previous week's decline. Analysts had expected market players to continue to wait and see if the market would see a further decline before taking any action.

But the third quarter earnings per share were strong enough to provide growth for the index of 10.04 percent, which the government's target forecast of 4.5 percent to 5.5 percent.

The earnings per share of 0.2 percent in the year through the third quarter, however, was down from 0.5 percent.

The benchmark Philippine Stock Exchange composite index gained 15.15 points or 1.05 percent to end at 1,454.15.

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Sell phone message

LAS VEGAS. There's one more twist to the old adage "selling is hard," and it's a hard one to ignore: selling is hard when you're selling a cell phone.

The government wants to sell the cellular telephone companies more time to decide that the cellular phone companies had it so good.

Thanks to its subsidiary, Sprint Communications Inc., for example, SPRINT posted a \$2.2 billion profit in the past three quarters.

And this rate administration wants to impact all of the new cellular phone companies that are now in the market.

Coming next is cell phone technology in the new technology called 3G, or "third generation" cellular phone.

The 3G cellular phone has capabilities beyond ordinary cellular phones, including those of bandwidth and cell phone services and hold up to the new technology.

For now, the 3G cellular phone can share the same radio, bandwidth, and cell phone services, but the 3G cellular phone can share the same radio, bandwidth, and cell phone services.

The cellular phone companies are now in the market to sell the 3G cellular phone.

It was estimated that new investments in 3G infrastructure will be for more than \$1 billion.

That's a lot of money for the cell phone companies. At the same time, the cell phone companies are now in the market to sell the 3G cellular phone.

SPRINT, the estimated \$1 billion in new investments is for the cell phone companies. At the same time, the cell phone companies are now in the market to sell the 3G cellular phone.

Let's face it, the National Telecommunications Commission can already hold the fire of a series of public hearings on the sale of 3G cell phone into the country.

The 3G cellular phone is now in the market to sell the 3G cellular phone. At the same time, the cell phone companies are now in the market to sell the 3G cellular phone.

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	2000	1999	1998	1997	1996
Operating Income	2,000	2,000	2,000	2,000	2,000
Operating Expenses					
Depreciation	100	100	100	100	100
Amortization	100	100	100	100	100
Interest	100	100	100	100	100
Income taxes	100	100	100	100	100
Other	100	100	100	100	100
Operating Profit	1,600	1,600	1,600	1,600	1,600
Non-Operating Income					
Dividends	100	100	100	100	100
Other	100	100	100	100	100
Income Before Taxes	1,800	1,800	1,800	1,800	1,800
Income Taxes	400	400	400	400	400
Net Income	1,400	1,400	1,400	1,400	1,400
Other Comprehensive Income					
Currency translation	100	100	100	100	100
Other	100	100	100	100	100
Comprehensive Income	1,600	1,600	1,600	1,600	1,600

MEDICAL PHILIPPINES, the country's largest HMO, recently signed a Memorandum of Agreement with **WELLCARD** (CSC), the country's largest pharmaceutical company. The new partnership is vital to WELLCARD's campaign to vaccination as one of the keys to effective healthcare management. Present during the signing were: J. PJ WELLCARD's Robert John Chastano (Mktg. & Sales Supervisor), Vinson Victoria (Mktg. & Sales Mgr.) and Luis Morales (CFO) & CSC's Boris Lozada (Hr for Pharma Business), Jose Rafael Espinoza (Manager) and Cecilia Hernandez (General Area Manager).

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LIFE STYLE

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Self-discipline
is needed to
get you back
your fitness
regimen

What happens when you stop exercising

It's not just true that to maintain your hard-earned workout results, you have to keep fit by continuing to exercise regularly.

In fitness parlance, this is called the reversionary principle. To lay people, this simply means use it or lose it.

WELL AND GOOD



JIMMY KIM

Without a doubt, you will eventually lose whatever health you gained from working out when you stop exercising.

This can discourage many people from even wanting to exercise. I have heard many physically fit people defend their lifestyle by saying, "What's the use of exercising? When I stop, I'll just get fatter."

Defining a consistent exercise is also a problem for athletes who participated.

Research has shown that the problem is not really a case of "use it or lose it." It seems to be more like "use it or lose some of it, or maybe all of it" depending on how physically fit you were before quitting, what aspect of fitness (endurance, strength, flexibility) is involved, and what your environment was like.

Misconceptions

There are many misconceptions about what happens to the body when exercise stops. The most common is that the muscular system fat. Let me assure you that is a physical impossibility. Muscle cells are completely different from fat cells.

What really happens is that muscle cells become smaller as they atrophy, but only because they're lacking in a change in appearance from firm and lean to soft and flabby.

Another misconception is that you will become fatter or fatter than when you started. Actually, you will eventually return to your pre-exercise shape, fat levels and muscle tone but you won't be where that when you started.

Changes in stamina

The most common of athletes or serious fitness buffs is how fast and how much of the cardiovascular benefits they have achieved will be lost from exercising.

Though the benefits will definitely be reduced, people with high level of aerobic endurance can retain many of their fitness for a longer period.

In studies done by Dr. Robert Mott of the Florida State University and Dr. Randall Wilmer of the University of Illinois, Chicago, Illinois, highly trained athletes showed a rapid drop in aerobic endurance in the first three weeks of detraining. But the decline slowed in the following weeks.

Three months later, their aerobic status was still higher than that of sedentary individuals. Scientists were encouraged and surprised by the findings.

They were surprised by the rapid initial drop in stamina and by the fact that a significant amount of endurance was retained even after 12 weeks of detraining. They could not determine whether this was due to a cardiovascular effect of high fitness levels over the years, or genetic factors, or both.

They discovered the opposite for people with low to moderate levels of aerobic fitness. These people showed little changes in stamina in the first three weeks but quickly returned back to pre-exercise levels thereafter.

Changes in strength, muscle size

Dr. Edward Gable from the University of Texas, a leading researcher in detraining, found that muscular strength remained approximately levels after only four to 12 weeks of detraining. Muscle size was also retained. This is why many people notice their bodies "sagging" after a few weeks without exercise.

Changes in fat levels

Exercise, especially aerobic-type activities, burns a significant amount of calories. It is no surprise that stopping exercise can lead to weight gain if people continue to consume the same amount of calories as when they were working out.

Let's assume a person burns 300 calories by doing three exercise sessions a week (200 calories per session). He continues to eat 600



ILLUSTRATION BY BOBIE REYES

Do you think you're sexy?

OFTEN, the term sexy is misunderstood, reduced to something that is banal.

But feeling sexy isn't about sex: It's about embracing the fullness of who you are, valuing your femininity or masculinity as a positive expression of your being.

Here's a to-do list to help you rekindle your inner fires, allow you to express yourself with confidence and, yes, feel sexy.

- **Feel good about yourself.** Reintroduce yourself to yourself. A mirror is the best tool for this, like you are meeting yourself for the first time. Begin with "Hi." Follow with a smile.

- **Dedare yourself your own best friend.** An affirmation is the most potent approach. Repeat "I am my own best friend" three times. If it helps to face the mirror, do so.

- **Find your inner silence.** You must give yourself quiet time. Using your inner radar, go around your house and find a place where you feel most comfortable. Dedare this your sacred space.

- **Meditate.** Ten minutes a day of just sitting undisturbed is enough to calm your body and senses. This is an instant turmoil-buster.

- **Relax.** Listen to soothing music, read an inspirational book, walk in the garden or park, have a massage.

- **Start a feel-good journal.** Make weekly entries about all the positive things you have done for yourself.

- **Make a to-do list of waylaid dreams, ambitions and plans** (yes, even childhood dreams) and set a reasonable timetable.

- **Begin a health regimen.** Being good to yourself means first learning how to nurture your body. Start eating healthy food. For starters, just add more vegetables and fruits diet.

- **Allow yourself ample time for physical activity.** Exercise boosts the hormones and strengthens the immune system. The after-exercise endorphin rush is great for feeling sexy.

- **Pat yourself on the back each time you have done well** at any task or endeavor. Declare:

INSIDE OUT

Cory Quirino



"Good job!"

- **Set up a reward system for yourself.** (Example: Save a portion of your salary/allowance in your reward box. Your savings should add up to quite a sum that you can spend on yourself at year end.)

- **Do the birthday booster.** On the morning of your birthday, sit up with bright eyes and a radiant smile. Breathe with gusto and affirm: "Today, I am reborn." Better yet, consider every day a birthday.

- **Once a week, treat yourself to a relaxing bath or shower.** Mix five drops of rose or ylang-ylang essential oil in your warm bath. Light a candle. Dim the lights. Float in your waters of peace.

- **If you don't have a tub, get a big pail of warm water and mix your oils** (substitute for the oils could be one lemon and one orange, including the peel; squeeze the juices minus the seeds, then throw in the peel). Pour the scented water over your head and relax.

- **If it's time for a change, a new look** ought to make you feel renewed—a new haircut, wardrobe or simply adding vibrant colors to your look should rev up your system.

- **Practice being non-judgmental**—of others and especially of yourself. Don't be too critical of yourself. And stop punishing yourself for past transgression. Guilt is a sin to the self.

- **Take a power health drink each day.** It could be carrot-apple, apple-cucumber, beet-carrot or just plain unsweetened coconut/buko juice.

- **Dedare one day of the week meat-free** (pork, beef, chicken). Feast on fish and veggies on your meatless days.

- **Wear a smile each day, no matter how stressful the day may be.**

- **To combat stress, simply hold your breath for seven seconds.** Release with an "ahhhh."

- **Tell yourself constantly that God walks with you.** So feel the power! Love and light!

For feedback, a message through inquirer@inquirer.com.ph

LIFE *STYLE*

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What kept me going was the promise of a smaller waist, slimmer legs and short skirts galore

Confessions of a closet South Beach dieter

By Clara Isabel 'la Espina

Contributor

FOR A WEEK now, I have avoided all kinds of fat, sugar, sugar and carbs. Yes, I've lost 5 pounds. Yes, I feel lighter. Yes, I can fit into the sundress I bought in the hopes of getting this. Yes, people have noticed. And, yes, it is such a hard, hard thing to do!

I don't eat, not to mention sugar. I was home with a recent pain. The pleasure in me was constantly getting up, hands of me with a candle in front of me, and

for no reason all day would come a plastic sandwich and finish off a whole slice of cake after every meal. I was made on these kinds of diets in one time, in one day. It is like with that smoothie, control is made and eating no, high serving of protein, no grains. Use not grains and avoid anything, anywhere. Control, that I can go on and on about my love affair with anything sweet and heavy on the stomach, but that is about the South Beach Diet, so I'll say not to digest, not that.

Starting a diet isn't any of us. I have never read any of the more popular diet like Atkins, Low Carb, Cabbage, etc. — they just don't make sense to me. Why stress

inquirer@inquirer.com.ph

